

Role of Sports in Personality Development

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Abstract

The term personality development is a broad term that encompasses the various psychological and biological aspects of an individual. It encompasses different habits, styles, modes of communication and presentation, including the way a person speaks, thinks, walks, works, and influences others. Mr. G.W. Allport says: "Personality is a dynamic organization within the individual of those psychophysical systems which determine his unique adaptations to his environment." Exercising not only keeps you physically fit, it also helps keep you stress free and mentally strong. Sport is definitely a fun activity. Regular sports activities not only keep you in shape, but also improve your personality and help maintain your mental well-being. Those who enjoy sports learn to use their time efficiently. Sport helps you prepare well, plan and prioritize your deadlines, strengthening your time management skills. It promotes collective thinking and also uses your planning and delegation skills.

Keywords: Personality, Leadership skills, Team spirit, Positive attitude.

Introduction

Playing and exercising are important from a health point of view. But their importance lies much more in the development of a balanced and mature personality. They are no less important than food and fresh water. They develop in a person the desire to win. At the same time, you realize that you can't always win. Basically, they teach you that ups and downs are part of life and prepare you to accept both with ease. Developed countries such as England, Germany, France and the United States have made games an essential part of school education.

The importance of sports and games is increasingly recognized in India, both from an educational and social point of view. More and more money is being made available to promote sport in schools, colleges and universities; sport has even become an essential part of the curriculum. Educators and others have come to the conclusion that it is in the interest of society as a whole to provide adequate play and sport facilities for the country's young people, boys and girls, depending of course on the resources available. Sport promotes friendship and Games help to overcome feelings of violence, arrogance and superiority as these are purified by providing them with a sufficient outlet. An athlete should not lose patience and morale even if defeated as he/she would take it calmly and calmly and then try to

perform better next time. Players know that winning and losing are two sides of the same coin. There is more fun in playing than in the end result.

All of these sports and games certainly have benefits for body and soul. They create cheerfulness, discipline, camaraderie, self-confidence and physical fitness. The value of games is now increasingly recognized in India from a personal, social, educational and national perspective. Games keep our bodies alert, active, young and energized. During activities involving games and sports, blood circulation increases and there is an increase in the supply of oxygen. Games and sports are essential for the overall development of a personality. We can develop and maintain our health through play and sport. Games keep our bodies alert, active, young and energized. During activities involving games and sports, blood circulation increases and there is an increase in the supply of oxygen. Only a healthy person can work long, hard and joyfully. Games and sports have additional benefits because they are played in groups and in a healthy competitive spirit. They help develop collaboration, quality leadership, team spirit and the willingness to submit and promote the rule of law. They make people daring, adventurous, sociable, disciplined and more aware of their responsibility to society and the nation. The players seem better equipped to fight against superstition, community spirit, obscurantism and

narrow-mindedness in the face of issues of national importance.

The games instil in the players the spirit of autonomy, justice, fair play and sportsmanship. Games also help to overcome feelings of violence, arrogance and superiority as these are purified by providing them with a sufficient outlet. An athlete should not lose patience and morale even if defeated as he/she would take it calmly and ease and then try to perform better next time. Players know that winning and losing are two sides of the same coin. There is more fun in playing than in the end result.

‘Healthy Mind in a Healthy Body’, and ‘Healthy Body in a Healthy Mind’.

- Sports is exercise/physical activity with an objective and definite aim.
- Sports is exercise/physical activity with a purpose to overcome adversities and win.
- Playing sports helps release pressure and tension in a healthy and controlled way.
- Sports improves sleep patterns and levels of anxiety.
- Sports develops motor skills and mind/body connection.
- Sports staves off depression.
- Sports reduces the risk of many physical diseases.

Role of Sports

Sports help students study better, improves concentration, problem solving, memory. Sports teaches one to develop the following:

- **Team spirit:** Working towards a common goal as a member of a team, selflessly, personal interests notwithstanding.
- **Leadership skills:** Lead different people from all walks of life towards a common goal/objective. A good leader is one who leads others on to leadership.
- **Fair play:** Though winning is important, losing is not a disgrace. Being generous and graceful in victory as well as defeat. Have respect for the vanquished.
- **Never give up:** Sports teaches you to never give up. ‘Success is just round the bend’, being persistent, nothing is impossible. You

never know how close you are to success when you give up.

- **Positive attitude:** It is often said a game is won or lost in the locker room before the start of the match. Having a positive attitude goes a long way in determining the eventual outcome of the game between closely matched participants.
- Respect for the opponent is necessary but do not let this overwhelm you. Respecting their abilities, giving your best always, and no casualness in approach even when comfortably placed. Remember on a given day anything and everything is possible.
- ‘Killer instinct’ is necessary at all times (within the framework of fair play). By this, you are giving due respect to your opponent and acknowledging the fact that he/she is as good as you, and the slightest slackness shown by you will allow your opponent to claw back and the outcome of the game may easily be reversed.
- **Great leveller:** Sport is a great leveller - you lose 1-day only to bounce back the next. No loss is permanent. Even a loss teaches you how not to do something, or how it could be done better. No setback is permanent, never should one lose hope.
- **Focus:** Sport teaches you to focus on the present. Past is irrelevant, and future, who knows?
- **Strengths and abilities:** Sport teaches you to focus on your strengths and abilities, not on your opponents’ strengths and capabilities.
- **Process and result:** Sport teaches you that the process is more important than the result. If the process is right, success will soon ensue. According to Basketball Coach John Wooden: Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.
- **Planning:** Sport teaches you to plan ahead, see through the consequences of your act. You need to quickly assess the situation, adjust, adapt and act accordingly. Being flexible and not carry a fixed mindset.

- **Earnestness and sincerity:** Sport teaches you not to take any situation lightly or display casualness, and that every situation should be handled with earnestness and sincerity.
- **Observation and analysis:** Sports improves your observatory powers and analytical skills.

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Conclusion

Personality is a dynamic organization within the individual of those psychophysical systems that determine their unique adaptations to their environment. A well-developed personality has become an individual's need to survive and advance in this competitive and rapidly changing world. Research has shown that playing badminton, tennis, cricket or baseball improves children's math skills. Sport instils a sense of competition and helps you deal with success and failure with a positive spirit. A balanced personality is the product of a healthy body and a well-developed mind. Since most elements of physical education can play a vital role in shaping a child's personality, games and sports promote growth and development. Growth involves structural quantitative change while development is a process of quantitative transformation that brings about gradual changes towards maturity. Sports is definitely a fun activity. But did you know that regular sports activities not only keep you in shape, but also improve your personality and help maintain your mental well-being.